

February to April 2017 Webinars

Free, live, interactive online seminars

All Sessions are 12:00 - 1 :00 p.m. ET

Thursday, February 9: 10 Ways Exercise Will Improve Your Life

It's more than fitness. Enhance your life with improved overall physical and mental health.

Registration: <https://attendee.gototraining.com/r/8397547923282156801>

Wednesday, February 15: Managing Student Loan Debt

We will discuss and compare payment options, demonstrate tools to estimate payments, and provide information about Public Loan Forgiveness.

Registration: <https://attendee.gototraining.com/r/7731321942216785153>

Tuesday, February 28: Saving is a Family Affair

Whether you are single, married, married with children, a grandparent, an aunt or an uncle - saving for the future is important. We will discuss how everyone in the family can make and contribute to financial goals such as education, independent living, or other future goals.

Registration: <https://attendee.gototraining.com/r/740292763007453953>

Thursday, March 9: Overcome Information Overload: Nutrition Essentials You Need

We are bombarded with health messages. Discussion of priorities for wellness.

Registration: <https://attendee.gototraining.com/r/8520942814732585217>

Wednesday, March 15: Spring Clean Your Finances

Essential documents, how long to keep, consolidating accounts, reducing fees and organizing tips. Registration: <https://attendee.gototraining.com/r/8852520339064265217>

Thursday, April 13: 10 Secrets to Thrifty Grocery Shopping for Nutritious Foods

Eat better and spend less.

Registration: <https://attendee.gototraining.com/r/2039624134690713345>

Wednesday, April 26: Workplace Benefits

Discussion of types of financial benefits that may be available to you.

Registration: <https://attendee.gototraining.com/r/2643383563455127553>

For more information, contact:

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